



Jeff

Kinesis Instructor

Q. What does Kinesis mean to you?

A. It means I can get an efficient and amazing total body workout in 45 minutes, without having to decide what exercises to do, or deal with the gym scene.

Q. Why did you decide to become a Kinesis instructor?

A. I like to coach people and push them to achieve more than they would on their own.

Q. What do you hope clients gain from attending your Kinesis classes?

A. I hope they leave extremely fatigued, and also with a sense of pride and accomplishment for what they were able to achieve in the last hour.

Q. Why are your Kinesis classes fun?

A. I bring a high level of energy and I'm able to uniquely motivate each person to get the most out of themselves that day.

Q. What is your favorite move on the Kinesis wall? Off the wall?

A. I'm a sucker for the elbow high and extend series on beta, whether that be from a straight leg dead lift, or a uni single leg pendulum. Right up there has to be disc flies on gamma, and

also the wood chop series on beta and gamma. Off the wall is a different matter. Cardio is "Hydrolic" jumps up and down off the step. Strength is the uni bridge on the bosu, and core is the ball up series on the bench (overall, its the best and safest way to punish the core)

Q. How do you address holistic health in your life?

A. I definitely try to marry the "Everything in Moderation" and "Work Hard, Play Hard" approaches depending upon my mood at any given time.

Q. What is the one thing you think every person can do to improve their health?

A. I think it's always a good idea to continue to strive for your ideal balance in life. I would say that in my experience, most people neglect some form of regular body work, and personally, that is a huge key for my own balance and well being.